

# ***Exploration of Standardized Patients in Internal Medicine Nursing***

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**Abstract:** The application of standardized patients in internal medicine nursing was discussed. Standardized patients are trained to accurately simulate patient symptoms and play multiple roles such as patient, evaluator and teacher, providing medical students with a clinical learning environment close to reality. Standardized patients have multiple functions in medical care, including simulation training, skills assessment and evaluation, and the integration of scientific research and clinical practice. Through interactions with standardized patients, medical students can improve their clinical skills, communication skills and humanistic care. However, standardized patients also face some problems in internal medicine nursing, such as lack of resources, difficulty in training, and differences with real patients. These issues may affect the authenticity and effectiveness of medical nursing teaching. Nonetheless, specific applications of standardized patients in medical care hold great promise. The document believes that the standardized patient selection, training and management system should be further improved to give full play to its role in medical education and improve the teaching quality and practical ability of internal medicine nursing.

**Keywords:** standardized patient, internal medicine nursing, exploration

## **1. Introduction**

The field of medical education has undergone significant transformations over the years, with an increasing emphasis on practical, hands-on training to prepare future healthcare professionals for real-world clinical scenarios. One of the most innovative approaches in this regard is the use of standardized patients (SPs). Standardized patients are individuals who are trained to simulate the symptoms, behaviors, and histories of real patients, providing medical students with a realistic and controlled environment to practice and refine their clinical skills. This method has gained widespread recognition for its ability to bridge the gap between theoretical knowledge and practical application, particularly in the realm of internal medicine nursing.

Internal medicine nursing, a critical component of healthcare, requires a high level of clinical competence, effective communication skills, and a deep sense of humanistic care. The integration of standardized patients into this field offers a unique opportunity to enhance the quality of education and training. By simulating various medical conditions, standardized patients enable nursing students to engage in realistic patient interactions, thereby improving their diagnostic, therapeutic, and interpersonal skills. Moreover, standardized patients serve as evaluators, providing immediate feedback and assessments that help students identify their strengths and areas for improvement.

Despite the numerous advantages, the application of standardized patients in internal medicine nursing is not without challenges. Issues such as the scarcity of standardized patient resources, the complexity of training, and the inherent differences between standardized patients and real patients can impact the effectiveness of this educational tool. Nonetheless, the potential benefits far outweigh the limitations, making standardized patients an invaluable asset in medical education.

This article explores the application of standardized patients in internal medicine nursing, examining their roles, functions, selection, training, and the challenges they present. It also delves into the specific applications of standardized patients in teaching, assessment, and research, highlighting their transformative impact on medical education and clinical practice. By addressing these aspects, the article aims to provide a comprehensive understanding of how standardized patients can be effectively utilized to enhance the quality of internal medicine nursing education and improve patient care outcomes.

## **2. Standardize patient definitions**

### **2.1. Definition and basic concepts**

Standardized patients refer to normal people or patients in a stable disease stage who can accurately express the patient's actual clinical symptoms (including some physical signs) after receiving standardized and systematic training. They not only simulate the patient's physiological symptoms, but also simulate the patient's psychological reaction and social background, providing a close to real clinical learning environment for medical students and junior doctors.

### **2.2. Roles and Functions**

Standardized patients can simulate the symptoms and signs of various diseases, including pain, discomfort, functional impairment, etc., enabling medical students to experience real clinical situations when facing "patients"; After completing clinical skills operations, standardized patients will score and evaluate the performance of medical students based on preset evaluation criteria, including communication skills, medical history collection, physical examination, diagnostic ability, etc[1]; Standardized patients can also serve as assistants in clinical teaching, guiding medical students to think, analyze, and solve problems by simulating real situations, and improving their clinical thinking and practical abilities.

### **2.3. Selection and Training**

The selection of standardized patients usually follows certain criteria, including age, health status, educational background, performance ability, etc. They should have good physical health, no history of serious illnesses, an interest and enthusiasm for medical education, as well as certain performance skills and leisure time. The training content for standardized patients includes disease knowledge, simulation skills, evaluation criteria, etc. They need to understand the clinical manifestations, treatment methods, and possible complications of various diseases in order to accurately simulate the symptoms of patients. In addition, they also need to learn how to effectively communicate with medical students, how to provide feedback and suggestions, and so on.

### **2.4. Application and Significance**

Standardized patients are widely used in clinical teaching, especially in the training and assessment of clinical skills for medical students. They provide a safe and controllable learning environment for medical students, enabling them to practice clinical skills without harming real patients[2]. The application of standardized patients not only improves the clinical skills of medical students, but also

promotes their communication skills and the cultivation of humanistic care spirit. By interacting with standardized patients, medical students can better understand their needs and feelings, learn how to establish trust relationships with patients, and provide effective medical services. Standardized patients have unique advantages in evaluating the performance of medical students. They can provide objective and fair evaluation results to help medical students understand their strengths and weaknesses, so as to improve and enhance them in a targeted manner. At the same time, they can also promote medical students' self reflection and growth by providing feedback and suggestions.

## **2.5. Development Trends and Challenges**

With the continuous development of medical education and advances in medical technology, the application prospects of standardized patients in medical education are becoming increasingly broad. However, the selection, training, and management of standardized patients also face some challenges, such as how to ensure the quality of their training, how to stimulate their enthusiasm and participation, etc. Therefore, it is necessary to continuously improve the standardized patient selection and training system, strengthen their management and support, in order to better play their role in medical education.

## **3. Problems of standardized patients in internal medicine nursing**

### **3.1. Lack of standardized patient resources and difficulty in training**

At present, the standardized number of patients is far from meeting the needs of internal medicine nursing education. This is mainly due to the lack of specialized training institutions and systems, resulting in significant difficulties in the selection, training, and management of standardized patients. Standardized patient training requires a significant investment of manpower, resources, and finances. In addition to basic disease knowledge and simulation skills training, regular assessments and feedback are also needed to ensure that their performance meets teaching requirements. This increases the cost of teaching and management. Due to differences in training standards and procedures, the performance level of standardized patients varies greatly. Some standardized patients may lack sufficient performance ability and medical knowledge, making it difficult to accurately simulate their real symptoms and signs.

### **3.2. Differences between Standardized Patients and Real Patients**

Although standardized patients are trained to simulate symptoms and signs of various diseases, they are not real patients after all. Therefore, there may be some limitations in the simulation process, such as the lack of real physiological reactions, psychological changes, and social backgrounds. Due to the differences between standardized patients and real patients[3], nurses may form fixed thinking patterns and judgment criteria when interacting with standardized patients. When facing real patients, these standards and patterns may be challenged, thereby affecting the accuracy of nursing judgments.

### **3.3. Application effect of standardized patients in teaching**

Due to the limited simulation ability of standardized patients, the authenticity of internal medicine nursing teaching may be affected to some extent. This may affect nurses' recognition and understanding of disease symptoms and signs, and reduce teaching effectiveness. Some students may feel uncomfortable or lack authenticity due to interactions with standardized patients, which can affect their learning motivation and engagement. In addition, some students may lose interest in learning due to standardized patient performances being too mechanical or rigid.

### **3.4. Standardized patient management and maintenance**

Standardized patient management requires a significant investment of manpower and time. Due to their unique identities and roles, specialized management systems and processes need to be established to ensure their rights and safety. In order to maintain standardized patient performance levels, regular training and evaluation are necessary. This increases the cost of teaching and management, while also imposing a certain burden on standardized patients themselves[4].

## **4. Specific application of standardized patients in internal medicine nursing**

The specific application of standardized patients in internal medicine nursing has brought revolutionary changes to medical education and clinical nursing practice. It not only improves the teaching quality of internal medicine nursing, but also enhances the clinical practice ability and humanistic care spirit of nurses.

### **4.1. Simulation training in internal medicine nursing teaching**

Standardized patients can simulate the symptoms and signs of various internal medicine diseases, providing a realistic clinical scenario for nursing students. Nursing students practice medical history collection on standardized patients, learning how to effectively communicate with patients and obtain accurate medical history information.

By interacting with standardized patients, nursing students can improve their communication skills and enhance the accuracy and completeness of medical history collection. Standardized patients can display signs related to internal medicine diseases, such as heart rate, blood pressure, respiratory rate, etc. Nursing students conduct physical examination exercises on standardized patients to learn how to correctly identify and analyze physical signs. By repeatedly practicing and standardizing patients' immediate feedback, nursing students can improve their physical examination and assessment skills. After understanding the medical history and physical signs of standardized patients, nursing students need to develop personalized nursing plans. With the cooperation of standardized patients, nursing students implement nursing plans, including medication treatment, life care, psychological support, and other aspects.

### **4.2. Assessment and Evaluation of Internal Medicine Nursing Skills**

Standardized patients, as evaluators, can score and evaluate the clinical skills of nursing students based on predetermined evaluation criteria[5]. This evaluation method avoids the influence of subjective factors in traditional assessments, ensuring the objectivity and impartiality of the evaluation. Standardized patients can simulate various symptoms and signs of internal medicine diseases, providing comprehensive assessment content for nursing students. The assessment includes multiple aspects such as medical history collection, physical examination, nursing plan development and implementation, communication skills, and humanistic care. During the assessment process, standardized patients can provide immediate feedback to nursing students, pointing out their shortcomings and areas for improvement in clinical skills. Nursing students practice and improve their clinical skills based on standardized patient feedback.

### **4.3. Integration of internal medicine nursing research and clinical practice**

Standardized patients can be used as research subjects or control groups in internal medicine nursing research, helping researchers collect and analyze data. By interacting with standardized patients, researchers can understand the real needs and feelings of patients with internal medicine diseases, providing strong data support for scientific research. Standardized patients can be used as

experimental subjects for new therapies and technologies in clinical practice of internal medicine nursing. By attempting and exploring new therapies and technologies on standardized patients, healthcare professionals can evaluate their safety and effectiveness, providing scientific evidence for clinical practice. Standardized patients can simulate not only the symptoms of internal medicine diseases, but also their psychological state and social background. Nursing students practice humanistic care and psychological support on standardized patients, learning how to pay attention to patients' psychological needs, provide emotional support, and establish trust relationships[6].

The specific application of standardized patients in internal medicine nursing covers multiple aspects such as teaching, assessment, scientific research, and clinical practice. It not only improves the teaching quality and practical ability of internal medicine nursing, but also promotes the cultivation of humanistic care spirit and the development of scientific research innovation. With the continuous improvement and promotion of standardized patient techniques, it is believed that they will play a more important role in the field of internal medicine nursing.

## 5. Conclusion

Standardized patients are an essential resource in medical education. They provided medical students with a near real clinical learning environment by simulating real-life situations, promoting the cultivation of clinical skills, communication abilities, and humanistic care spirit among medical students. With the continuous development of medical education, standardized patients will play a more important role in future medical education.

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